



## Prophet Muhammad ﷺ's (ﷺ) Nighttime Routine: Recommended Surahs for Sleep and Protection

### Description

Bismillahi Wal Hamdullillah Was Salaatu Was Salaamu âﷺ Alaa Rasoolillahi

Ammaa Baâﷺ d:

Upon the authority of Irbaadh ibn Saariyah âﷺ Radhiyallahu âﷺ Anhu âﷺ that *The prophet did not used to sleep until he recited theâﷺ Musabihaatâﷺ* (A reference to the surahs that begin with âﷺ Sabbaha lillah..âﷺ or âﷺ Yusabihu Lillah..âﷺ or âﷺ Subhaan..âﷺ or âﷺ Sabihiâﷺ !âﷺ and they are seven surahs: Suratul Israa, Suratul Hadeed, Suratul Hasr, Suratus Saff, Suratul Jumuâﷺ ahâﷺ , âﷺ Suratut Taghaabun, Suratul Aâﷺ laa) and he used to say âﷺ **In them is an Ayah that is better than a thousand verses!**âﷺ

(Collected by At Tirmidhi (3406) and declared âﷺ Hasanâﷺ By Shaikh Al Albaani âﷺ Rahimahullah)

Upon the authority of Naufal Al Ashjaâﷺ i âﷺ Radhiyallahu âﷺ Anhu âﷺ who said that the prophet âﷺ Sallallahu âﷺ alahi was Salaam âﷺ said to Naufal: âﷺ **Read âﷺ Qul Yaa Aiyuhal Kaafiroonâﷺ then sleep when you have completed it for indeed it is a safeguard and freedom from shirkâﷺ**

(Collected by Abu Daawood( 5055) and declared Saheeh by sheikh Al Albaani)

Upon the authority of Aisha رضي الله عنها Radhiyallahu عليه وسلم anhaa رضي الله عنها who said: قالت The prophet صلى الله عليه وسلم Sallallahu alaihi wa Salam did not used to sleep until he recited: (Suratut) Az Zumar and (Surat)Bani Israa<sup>ة</sup> سورة eel (i.e Suratul Israa)

(Collected by At Tirmidhi (3405) and declared صحيح Saheeh<sup>ة</sup> By Shaikh Al Albaani رحمه الله Rahimahullah)

Wallahu ta<sup>ع</sup> alaa A<sup>ع</sup> lam

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### Category

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